



ACTIVITY REPORT

Activity Report Year 2023-24	
Nature Of Activity:	Weekly Session
Program Name:	Emotional Well Being Session
Semester	Even Term (All Semester)
Date	21st February 2024
Venue	Room No 507, SOE
Coordinator	SAC Committee
No. of Students Participated	30

Objectives of the Activity

- The primary objectives of the emotional wellness session were to enhance student's understanding of emotional well-being.
- This session provides practical tools for emotional self-regulation, and promote a positive and supportive environment for discussing mental health concerns.
- The session aimed to empower individuals to cultivate time management skill.

Execution of Activity:

Week Two:

- Student Councilor, Miss Deepti addressed the second-year students on the second session.
- Students activity was conducted. They were asked to close their eyes and a peaceful music was played in the background.
- Later on, they were asked to meditate and try to follow the flow of breathing.
- This approach helped the students to clear their thoughts and to stop overthinking.

Outcomes



- The emotional wellness session proved to be a valuable initiative in promoting emotional well-being among students
- The multifaceted aspects of emotional health through meditation , was addressed.
- The session contributed to empowering individuals to stop overthinking and clear flow of thoughts.

Glimpses of the Activity

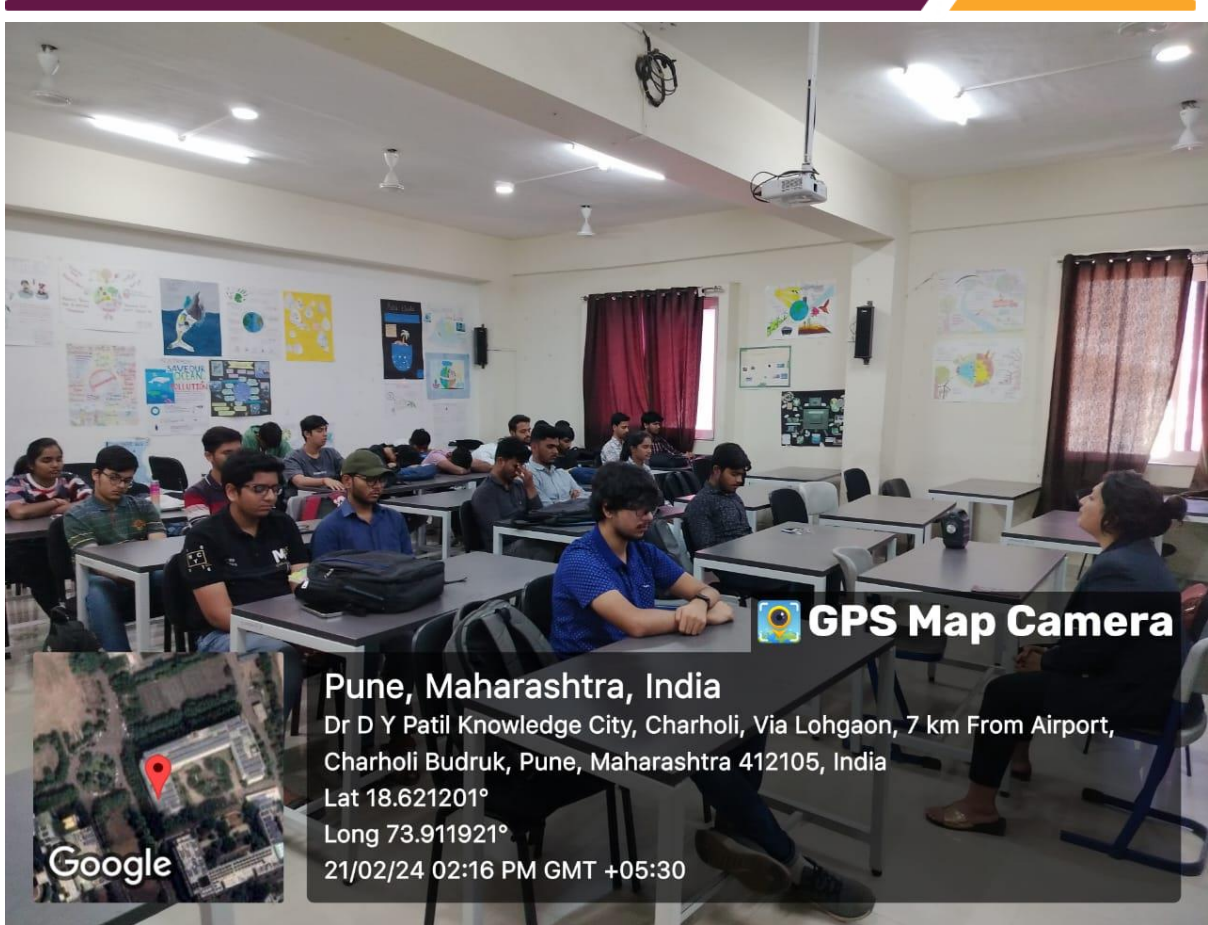


Miss Deepti addressing the students.



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Miss Deepti interacting with the students

Dr. Biswajeet Champaty

Dean

School of Engineering

Ajeenkya DY Patil University, Pune.